

Youth Nicotine Addiction Treatment Guide

Resources for Educators, Parents, and Mentors to Support Youth

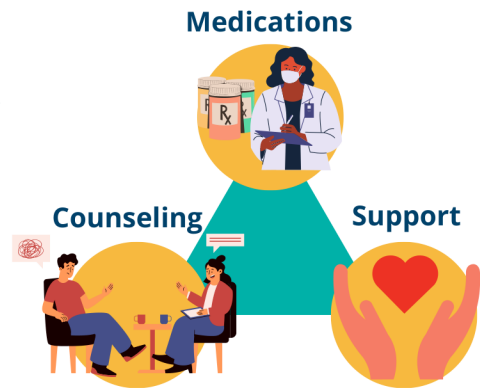
Help Youth Quit Nicotine

Nicotine is a highly addictive substance that can addict teens quickly even in small amounts. Vaping nicotine is not risk free and can have serious long-term consequences.

Youth who vape or smoke often do not believe they are addicted or may not want to quit. **Ultimately, only the young person can make the decision to quit**, but educators, family members, and mentors can help support their quit journey.

The most effective approach to treatment is a combination of social support, behavioral-based counseling programs, and the use of Nicotine Replacement Therapy (NRT) or cessation medications as prescribed by a pediatrician.

3 Core Components of Addiction Treatment



Signs of Vaping

- Online purchases or packages in mail
- Vaping equipment; unfamiliar devices
- Disappearing money
- Fruity or sweet smells
- Coughing, nosebleeds, increased thirst
- Changes in behavior and mood

How You Can Help

- Know the facts about vaping
- Learn why they are using
- Create a safe space
- Acknowledge addiction is not a phase
- Celebrate quitting
- Provide support and resources

Support for Parents and Caregivers



Teach Vape Free Website Resources

- Vaping Conversation Guide by American Lung Associations
- Hidden in Plain Site
- What Parents Need to Know

To learn more: <https://www.teachvapefree.org>



Partnership to End Addiction

Partnership to End Addiction provides information and online group support to parents & caregivers of children experimenting with, or dependent on, substances. This resource is in both English and Spanish

To learn more visit: <https://drugfree.org>

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Pediatrician Prescribed Medication

Youth who vape or smoke may develop health issues or worsen pre-existing conditions. **A pediatrician can address use-related health issues and treatment options.**

People experience withdrawal symptoms when they quit nicotine. Symptoms include strong cravings for nicotine, irritability, fatigue, headache and difficulty concentrating. These symptoms can drive people back to nicotine, even if they want to quit.

FDA-approved **Nicotine Replacement Therapy (NRT)** help address the withdrawal symptoms. Caregivers/Parents can talk with a pediatrician to learn if use of NRT, such as patches, gum or lozenges, or other cessation medication is appropriate.

Medi-Cal and Insurance Coverage

When prescribed by a doctor, the seven FDA approved medications for Cessation is often covered by insurance. Check your insurance to see what is covered in your child's benefits. Medi-Cal covers all prescribed FDA approved medications.



American Academy of Pediatrics Recommendations

According to the American Academy of Pediatrics, NRT can be an important tool for treating nicotine dependence in youth. Talk to your child's pediatrician and ask if NRT or other medications are appropriate for treatment.

To learn more: aap.org



Prescribing NRT for Youth Fact Sheet

Nicotine Replacement Therapy and Adolescent Patients: Information for Pediatricians. Given the effectiveness of NRT for adults and the severe harms of tobacco dependence especially among youth, AAP policy recommends that pediatricians consider off-label NRT for youth who are moderately to severely addicted to nicotine and who wish to quit.

Bring this **PDF** to your child's pediatrician



Medi-Cal Coverage for Youth Cessation Medication

Medi-Cal will cover FDA approved cessation medications (nicotine patches, lozenges, gum) for teenagers, if a provider determines it is appropriate.

To learn more about FDA approved cessation medications, see 'MediCal Rx 101' at health.ucdavis.edu/chpr/programs/ca-quits/resources